

Editorial for the Month of June and July 2007

THE A B C OF HOMOEOPATHIC NEURALGIA

The way allopathic pharmacopoeia boasts about their strong and effective painkillers, we in homoeopathy also have some very reliable, strong and effective painkillers. Over the last 27 years I have used and repeatedly confirmed in my day to day practice the effectiveness of simple and common homoeopathic remedies. Even a lay man who reads our homoeopathic materia medica can apply the same in day to day life. The biggest advantage of using homoeopathic remedies as painkillers is that they are without side effects, they are not habit forming and at the same time they cure the disease completely.

Today I will be discussing common painkillers used in homoeopathy.

Aconite Napellus:

This is most common medicine used in my practice; it was introduced by Hahnemann in his *Materia Medica Pura*, a famous *Ranunculaceae*.

The type of neuralgia that I am looking at in Aconite is the one which increases and decreases with the sun like in *Glonoine*, *Kalmia* or *Kali-bichromicum*.

Aconite neuralgias usually appear suddenly. It may appear so suddenly like in *Belladonna*, *Nitric-acid* and *Pulsatilla*.

Whenever there is pain in the Aconite patient, it benumbs the affected part like in *Chamomilla*, *Platina* and *Verbascum*. The pain is extremely intolerable; the patient just cannot bear the pain like in *Coffea*, *Chamomilla* and *Nux-vom*.

The pain comes like lightning and it is a very violent pain like in *Rhus-toxicodendron* and *Arnica*. The pain usually extends in different directions like upwards or downwards or crosswise.

There are different types of pain described in Aconite but mostly you will get a feeling as if the pain is from a blow. This type of pain you can also see in *Arnica*, *Cina* and *Ruta*. The pain can be burning or bursting but the lightning type of pain is very characteristic of Aconite. This you will see in *Colocynth*

and Kalmia also where the person says the pain comes like lightening. The pain is usually accompanied by formication. In Kalmia the pain is accompanied by numbness and in Aconite the pain is accompanied by formication.

The pain can be also pressing; pressing can be described as if two parts were pressed together or pressing within outwards. The pain can be shooting or like needles, especially hot needles. When the pain is like cold needles, Agaricus and Arsenic Album are the remedies to be thought of, but when pain is like hot needles, Aurum metallicum, Aethusa, Lachesis, Rhus-tox and Spigelia should be thought of.

Aconite may have a rheumatic or gouty pain affecting different joints of the body. The pain in Aconite usually comes in very dry or cold weather and always becomes worse during pregnancy; the other remedy will be Cimicifuga in such a situation. The pain can be in the bones, muscles, glands, ligaments, joints, nerves.

Aconite is useful in many cancerous pains; the other remedies useful for cancerous pains are Euphorbium, Citric-acid and Calcarea-aceticum.

Aconite can have the pain after amputation like Allium-cepa or Hypericum or Staphysagria.

Whenever you prescribe Aconite correctly according to the symptoms the pain reduces in few minutes.

The pains are always worse by pressure, touch, in the night and exposure to dry, cold weather. The amelioration is usually by rest and in open air.

The mental symptom that supports Aconite pain are great anxiety or the agonizing fear, the person may scream or moan and it also gives an impression of terror.

Belladonna:

This Solanaceae develops pain that comes suddenly like in Nitric-acid and Glonoine but then it may go gradually like in Hypericum or it may go away suddenly like in Kali-bichromicum and Phytolacca. So Belladonna has two

things, gradual disappearance as well as sudden disappearance, but the pain which comes very suddenly is very important in Belladonna. The pains of Belladonna can resemble Aconite pains but the burning pain is very characteristic of Belladonna, the other pains are boring, drawing, gnawing. Burning as if hot charcoal like in Apis, Tarentula cubensis is one of the golden key notes of Belladonna.

The pain can be bursting, compressing, cramping, lightening or neuralgic. Many times the neuralgic pain of Belladonna is accompanied by colic as in Cocculus Indicus and Plumbum Metallicum.

The pain of Belladonna may also come in form of waves. as in Platina or Sepia. It is also one of the good remedies in homoeopathy for growing pains of young children especially in the night when they scream with pain in middle of the night. Here one should compare Belladonna with Guaicum, Ferrum aceticum or Phosphoric acid.

The pains of Belladonna can be worse during menses and it can affect different parts of the body like bones, muscles, ligaments, glands or hollow organs, but many times you will see that in Belladonna, the pain occurs in paralyzed parts like in Cocculus Indicus or Helonias. Pain may also come on uncovered parts like in Kali-carbonicum.

Belladonna is from Solanaceae family and usually most of them are of plethoric constitution, and are extremely sensitive to pain.

In Belladonna, the body becomes hot to touch and you may see some amount of redness in streaks in different parts of the body.

The neuralgia of Belladonna always gets worse in the heat of the sun or when the person gets heated, draft of air on the head, any noise, after any jarring, touch, pressure and motion. The neuralgias of Belladonna are usually better by light covering and not with a very heavy covering. Belladonna usually has afternoon aggravation and is better by taking rest in the bed like in Aconite. They talk very fast whenever there is neuralgia, this is an important concomitant in some chronic cases of Belladonna. They are very restless like in Arsenic and there is lot of moaning.

Chamomilla:

It comes from compositae family; many pains of Chamomilla come after anger, during fever, during menses or during sleep. The pains in Chamomilla can be very violent as in the cases of Mercury and Nux-vomica.

Pains in Chamomilla are wandering and usually becomes worse in stormy weather.

You can see different types of pain in Chamomilla and it could be benumbing like Aconite, it could be burning or crampy pain. Many times I have seen that people have intolerable pain during fever like in Arsenic and Coffea.

Most of the pains of Chamomilla are worse by emotions or emotional upheavals especially anger, Chamomilla has night aggravation especially the neuralgias in the ear when the child wakes up at night crying and holding the ear, the wind aggravates the pain, taking cold aggravates the pain, drinking coffee aggravates the pain, consumption of alcohol or narcotics aggravates the pain, heat aggravates the pain. Even if you look at the person and if you touch the affected part it can cause severe pain.

Chamomilla pains are usually better by cold application, by being carried and if person sweats a lot.

At the level of mind the person gets vexed on every trifle and the child needs to be carried and needs to be petted and wants to be clinging all the time with piteous moaning this is what Kent described the picture of a Chamomilla child. In adult he cannot bear anyone near him during pain like Bryonia.

Coffea cruda:

Coffea has neuralgias of different types; usually pain comes suddenly and disappears suddenly like Phytolacca, Mezerium, Rhus-tox and Nitric-acid.

The pain is choking or bursting and the pains always come with excitement, like Cantharis. The pains are usually intolerable and has a strong relationship with menses (before menses, during menses or after menses), and any type

of noise aggravates the pain like Theridion, Cantharis. So you will see that Cantharis comes very close to Coffea in neuralgias.

Pain comes during fever in the form of waves; Pains can extend all over the body like Ignatia, Valeriana and Menyanthes. Pain can be any where but more common in the muscles, joints, organs, head or anywhere.

Many times the pains of Coffea are so intolerable that it drives the person to despair. Mental exertion, noise, cold windy weather and night aggravate the pain. Coffea has got a strong night aggravation of the pain. Person is always better by warmth or lying down or sleep.

At the level of mind a person usually trembles, faint very easily or they are in the state of despair.

Colocynth:

It comes from cucurbitaceae family. It is one of the best remedy for neuralgias in homoeopathy. Pains of Colocynth are worse in the morning as soon as the person wakes up like Bryonia and Sulphur. The pains of Colocynth are always worse after anger like Chamomilla.

The pain usually appears very suddenly and can disappear gradually or can appear gradually and disappear gradually also. The most important modality is the pain usually worse after coitus like Cuprum and Graphites.

The type of the pain could be cramping, cutting, digging, biting, boring and neuralgic but usually neuralgic pain are accompanied by colic or it can be a pressing pain, pinching pain or as if somebody has screwed together like Strontium carb.

The pains of Colocynth are usually better by walking like Rhus-tox and Tuberculinum. It is also better by warmth like Mag-phos.

It is a useful remedy for pains of cancers, sciatica, headache, migraine and gout.

Colocynth has got a strong affinity for tendons, as in Ruta, Rhus-tox, Bryonia and Kalmia. If there is an abdominal pain then it causes the patient to bend double with lot of restlessness, twisting, turning to obtain the relief and much better by hard pressure. More the pressure better the pain in Colocynth, more the heat better the pain in Mag-phos.

At the time of colic the patient becomes extremely irritable on being questioned. If you see an acute case of Colocynth with pain, don't question him too much because otherwise he will become quite angry or he will feel quite offended.

If it's a sciatica pain then the patient feels the pain as if like a screwed in a vise and he lies on the affected side. The pain in sciatica usually is shooting or lightening, shocks down the whole limb. Usually it's left sided sciatica in Colocynth.

It is also useful for trigeminal neuralgia, the pain radiates to the eye and there is excessive chilliness. Face becomes distorted and cheeks are cold to touch. The pains are worse by any motion and anger. During the pain the person always wants to walk about, he is disinclined to talk or disinclined to even answer anybody.

They are extremely thirsty patients; this is very important concomitant which I have confirmed in my practice for Colocynth.